

Abstract

An inflatable, disposable pillow which can be conveniently carried and stowed by users in a deflated state, and used as a comfortable, clean pillow in an inflated state. The inflatable pillow includes a single folded sheet or two sheets sealed together to form side walls. A flat self-sealing valve comprising two sheets of flexible material is placed between the sidewalls. The sheet or sheets may be comprised of multiple plies, with an outermost ply being an absorbent material. Alternatively, an absorbent cover may be attached to the outermost surface of at least one side of the pillow.

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